



Complete the Circle of Impact

When we express gratitude and appreciation to those who lift us, we also lift ourselves

Take the 3 day challenge

examples grouped by personality style

examples grouped by character strengths

Task Focus		Relationship Focus		Moral Focus		Impact Focus	
Accurate	Go-getter	Accepting	Imaginative	Appreciative	Humble	Artistic	Knowledgeable
Ambitious	In charge	Adventurous	Impulsive	Authentic	Integrity	Accountable	Leader
Analytical	Innovative	Affectionate	Influencer	Believes in other	Listener	Brilliant	Love of learning
Bold	Intense	Calming	Inspiring	Big hearted	Loving	Committed	Motivated
Brave	Persistent	Caring	Kind	Connecting	Modest	Confident	Opportunistic
Competitive	Practical	Charismatic	Loyal	Dependable	Perspective	Courageous	Passionate
Conscientious	Pragmatic	Charming	Patient	Empathetic	Protective	Curious	Pioneering
Conservative	Principled	Compassionate	Peaceful	Faithful	Reliable	Daring	Powerful
Consistent	Purposeful	Cooperative	Personable	Fair	Respectful	Fearless	Productive
Creative	Quality Driven	Courteous	Persuasive	Forgiving	Responsible	Funny	Perseverance
Critical thinker	Reflective	Encouraging	Popular	Generous	Self-composed	Game changer	Resilience
Decisive	Responsive	Energetic	Positive	Gentle	Thoughtful	Grit	Resourceful
Determined	Results driven	Enthusiastic	Selfless	Genuine	Trusting	Growth Mindset	Risk-taker
Disciplined	Strong-willed	Friendly	Sensitive	Grateful	Trustworthy	Hard Working	Sense of humour
Driven	Structured	Fun	Spontaneous	Helpful	Understanding	Independent	Strong
Focused	Tactful	Gracious	Supportive	Honest	Value others	Intelligent	Valued
Get it done	Thorough	Harmony	Tender Hearted	Honourable	Warm	Intuitive	Wise